

## Dedication of Practice at End of Class - Mangala

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Loka? Samasta?<sup>[1]</sup> byMaggie Reagh<sup>[2]</sup>

### Loka? Samasta? Sukhino Bhavantu

Loka samasta sukhino bhavantu

Om ??nti???nti???nti?

**Note:** With one line chants that can be used as japa mantras (repeated chants for meditation and linking with Source/I?wara), start chanting loudly before gradually chanting more softly, and finally silently. This is said to affect our three states of being: physical, energetic, and mental bodies to beyond our minds. Chants are used therapeutically for each aspect of our being. Japa mantras are ideal for pr?n?y?ma (lengthening the breath) practices instead of counting the breath mentally. This is called Samantraka/Sagarbha (with mantra/with seed) Pr?n?y?ma as opposed to Amantraka/Vigarbha (without mantra) Pr?n?y?ma.

### Translation

May all beings everywhere experience happiness (sukham)

May we experience the root of happiness which is Peace in our thoughts, words and actions ?  
body, speech, and mind

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**Source URL:** <http://www.yogatherapyinternational.com/node/7>

**Links**

[1] <http://soundcloud.com/maggie-reagh/loka-samasta>

[2] <http://soundcloud.com/maggie-reagh>